

# Bleckley County Elementary Fresh Fruit & Vegetable Snacks

## September 2009

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7

8

9

10

11

14

15

16

17

18

21

22

23

24

25

Bananas

28

Plums

29

Strawberries

30

Guess What?

You can write almost 50,000 words or draw a line almost 35 miles long with just one pencil!



Did You Know.....

The average American eats 25 pounds of bananas a year! And no wonder – bananas aren't messy, they stay ripe for a long time, and they're just plain scrumptious! Plus, they're loaded with good stuff like potassium.



# Bleckley County Elementary School

## Fresh Fruit & Vegetable Snacks

# October 2009

Monday

Tuesday

Wednesday

Thursday

Friday

### Guest What?

Pumpkins were once recommended for removing freckles and curing snakebites. The largest pumpkin pie ever made weighed over 350 pounds.

Broccoli

1

Fresh Corn  
on the Cob

2

Variety Day

5

Tangerines

6

Bartlett  
Pears

7

Star Fruit

8

School  
Holiday

9

School  
Holiday

12

Variety Day

13

Asian Apple  
Pear

14

Zucchini

15

Golden  
Apple

16

Granny  
Smith Apple

19

Variety Day

20

Celery

21

Cucumber

22

Red Anjou  
Pear

23

Grape  
Tomatoes

26

Variety Day

27

Gala Apple

28

Red  
Delicious  
Apple

29

Baby  
Banana

30

### Did You Know.....

Most of the vitamin C and fiber in pears is in the skin-so make sure you eat the outside! Pears get juicier and sweeter the longer they ripen. When pears get slightly soft, put them in the fridge and they'll last a lot longer.





# Bleckley County Elementary School

## Fresh Fruit & Vegetable Snacks

# November 2009

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

Kiwi

Navel  
Oranges

Cauliflower

Variety Day

9

10

11

12

13

Grapple

Honey Dew  
Melon

Spinach

Cantaloupe

Variety Day

16

17

18

19

20

Clementine

White  
Grapes

Pink  
Grapefruit

Pomegranate

Squash

23

24

25

26

27

Thanksgiving Holidays

30

Guess What?

Red Grapes

On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.



The

pomegranate has been grown by man since prehistoric times. Some historians believe the fruit in the Garden of Eden was not an apple, but a "pom." Recent research indicates that the juice of this ancient fruit may contain more sickness-fighting antioxidants than any other drink.



# Bleckley County Elementary School

## Fresh Fruit & Vegetable Snacks

# December 2009

Monday

Tuesday

Wednesday

Thursday

Friday

Variety Day

Variety Day

No Snack

Pineapple

Variety

Tangelos

Blueberries

Iceberg  
Lettuce

Blackberries

Cherry  
Tomato

Oranges

Carrots &  
Sugar Snap  
Peas

Red Grapes

School  
Holiday

# Christmas

# Holidays

Guess What?

Skating rinks in Moscow, Russia cover more than 2500 square meters of land.

The Valencia or Murcia orange is one of the sweet oranges used for juice extraction. It is a late-season fruit, and therefore a popular variety when the navel oranges are out of season. For this reason, the orange was chosen to be the official mascot of the 1982 FIFA World Cup, which was held in Spain. The mascot was called "Naranjito" ("little orange"), and wore the colors of the Spanish football team uniform.

